



Universal Breakfast Started at Michigan City

By Barbara Wine, RD

Amelia Horn, RD, Food Service Director for Michigan City Area Schools decided last spring that she wanted to increase breakfast participation in two schools with low participation rates. She initiated a universal breakfast pilot study during the last two weeks in May and the first two weeks in June. She offered free breakfasts to every student in the two schools. Parents were sent a letter describing the program, but no public announcements were made. The breakfast participation at both schools increased significantly. Edgewood Elementary School experienced a breakfast participation increase of 80 percent. Marsh Elementary School showed an increase in breakfast participation of more than 200 percent. She stated, "I felt the principal's enthusiasm and continued help in promoting the program were a big part of the success at Marsh School."

The stigma of free and reduced was lifted, and children were eating because their friends were eating. Amelia stated, "I feel it has helped pull in more of the free children." Participation also increased when free breakfasts were offered in all schools during ISTEP testing. The high school served more than 200 breakfasts

a day. Participation, as expected, declined when the free breakfast pilot project ended. The universal free breakfast program is still operating at Park School, which has about 80 percent of the enrolled children eligible for free & reduced price meals. Their numbers have dropped some, but they are still serving more than seventy breakfasts daily, which is about half of the total enrollment (they usually have around 90 percent of their children participating in the lunch program). Ms. Horn also said, "the program is a benefit to the community. Even those families who don't qualify for free/reduced lunches aren't doing extremely well financially." Mullen Elementary School started a universal breakfast program the week of December 7. Ms. Horn would like to add a few more schools to the universal free breakfast program.

What are the budgetary concerns? The participating schools are doing okay, especially since there are a high percentage of students who qualify for free/reduced price meals at Park Elementary. The claim is still filed the same, with the numbers listed for the category the children are in. And how do the cafeteria personnel feel about the increase in numbers? They love it! They have always been concerned about the nutrition of these children, and they are glad to see so many eating two meals now. **E**

Slight Revision of Grains/Breads

By Diane Rice

Along with the recent mailing of the Child Nutrition Program Instructions packet, we included a revision of the grains/breads instruction last sent in March 1997. This was necessary due to a misunderstanding of the crediting for the types of items in Groups H and I. The new packet was revised mostly in the section calculating the grains/breads credit in your own recipes. The Grains/Breads Instruction applies only to schools on one of the food-based menu plans.

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To count as a full serving, **all** products must have **14.75 grams** of meal and/or flour when used as an **ingredient**. But when certain meals or grains are served as **hot side dishes or cereals** (as in Groups H and I), then the required amount to count as a full serving is **25 grams**. For instance, hot oatmeal at breakfast would be counted at 25 grams per grains/breads serving, but in Oatmeal Cookies the oatmeal would be figured at 14.75 grams per serving.

The credits for USDA recipes are listed in the packet. This section has not changed. For school recipes, there is a choice of using the **finished weight** of the product serving to find the grains/breads credit in Exhibit A from the Grains/Breads Instruction **OR** one can calculate the grains/breads credit based on the amount of flour/meal in the serving using the guide at the end of the packet. Schools have the option of using the method that gives the highest credit. Credits for "manufactured" products must be determined from Exhibit A - **UNLESS** the amount of flour/meal per serving is known. **Ë**

Outfox Hunger Next Summer

By Mike Gill

During the summer when some children in your community ask, "What's for lunch?" the answer for many will be "nothing." Thousands won't eat a nourishing meal or will simply go hungry.

There are hungry children in every community. In 1968, Congress addressed this problem by creating the Summer Food Service Program for Children. This program offers

communities a golden opportunity to provide nutritious meal to low income children during the summer. Many communities are not offering these programs, and in some cases families may not even know they are available. Annually, only a small percentage of low income children who participate in the National School Lunch Program also receive summer meals. Unfortunately, the numbers are not improving.



You can help, bring this program into your community and reach those hungry children in the summer. You can make your community leaders aware of the Summer Food Service Program for Children. This program can be operated by schools, government agencies, camps and non-profit community agencies. Please contact Mike Gill at the Department of Education, Division of School and Community Nutrition Programs, at (317) 232-0850 or toll free at (800) 537-1142 for further information. **Ë**

USDA Training Materials

By Diane Rice

After printing in our last issue about the new **Menu Planners** being sent this fall direct from USDA - one per sponsor with an order form to obtain additional free copies for each kitchen, it has come to our attention that some other previously issued books may not have been received by all of the School Food Authorities. In October 1996 USDA sent one copy to each NSLP sponsor of both **Serving It Safe** and **Choice Plus**. Both of these are ring binder books predominantly green in color. While additional copies may be purchased from NFSMI, if you did not ever receive one or both of these at that time, please let us know. We do not know why some SFA's did not receive copies of these two publications. Please provide us with your street location address as such materials will not be delivered to a post office box number. **Ë**

Plan to Attend this Year's Nutrition Seminar

By Suzette Hartmann

Our annual Nutrition Seminar will be held on Thursday, March 11, 1999, at the Indiana Convention Center in Indianapolis. The seminar kicks off the Indiana School Food Service Association's (ISFSA) Annual State Conference, "Planting Seeds for Healthy Tomorrows."

The keynote speaker will be nationally recognized food and nutrition consultant Roberta L. Duyff. Her client projects include the writing and development of consumer books, cookbooks, and award-winning educational programs. Ms. Duyff's keynote presentation will explore today's child nutrition issues, and offer creative tips and techniques for partnering with teachers to help children

enjoy a healthier life. Ms. Duyff will also be speaking at a nutrition education workshop for teachers the first week in March. At this meeting, she will encourage teachers to partner with school food service personnel in teaching nutrition to students.

Other seminar topics will include: fun and educational promotions, creative classroom activities which encourage healthy food choices, functional foods, an update on food allergies, and an overview of a multimedia curriculum for middle school students called *From Land to Landfill*.

The seminar will only cost \$35.00, a savings of \$20.00, if you send in your registration form and payment before February 15, 1999. If you have not received an ISFSA Annual State Conference Registration Form, please contact Suzette Hartmann at 1-800-537-1142 or locally at 232-0850. E

Don't Judge Beef by the Color

By Janet S. Eigenbrod, RD

Food items containing ground beef are served frequently in child nutrition programs. Recently, there have been several news stories regarding the safety of ground beef products. Child Nutrition Programs in Indiana have not been the focus of these stories. However, the potential for food borne illness is ever present.

Chefs and other food handlers have traditionally served ground beef patties that were pink in the middle. They felt that it was a desirable product and that an adequate cooking temperature had been reached. Food safety experts now tell us that color is not an indicator of the doneness or safety of ground beef products. These experts indicate that the only sure way to destroy any harmful bacteria that may be present is to cook the product to an internal temperature of 160°F. At 160°F the color may be brown, pink, or a variation of brown or pink.

When taking the temperature of a product, remember to take the temperature at the thickest part of the patty or product, preferably using a needle-type digital, instant read thermometer with a two to three second

probe time. A digital readout reduces the margin of error compared to a dial-type thermometer.

One newer method for taking temperatures is with disposable, single use, cardboard thermometers called T•stick®. The white material inside the plastic coated tip becomes clear when the product being tested is at 160°F or above. The T•stick® is made from materials accepted by the FDA for contact with food. One advantage of using these disposable thermometers is that they can be taped to the production records to verify that temperatures were taken and that the 160°F was reached.

It is not practical to take the temperature of every cooked patty produced. Establish a reasonable percentage of patties from each batch and check the temperature. Remember the temperatures may not be uniform in the oven or cooking area. This makes it necessary to measure temperatures from different sections to ensure that all product has reached the 160°F.

Other meat and poultry products have different temperature requirements to make certain they are safe. A roast or steak that has not been pierced is safe to eat at an internal temperature of 145°F. Poultry items must be cooked until an internal temperature of 160°F is reached.

A thermometer should also be used to ensure that cooked foods are held at safe temperatures. The temperatures for holding are below 40°F for cold items, and above 140°F for hot food. E

CN Label Recall

The label approval for CN number 036795, assigned for Mini-Cheese Ravioli, produced by Ore-Ida Foods, Incorporated, has been rescinded. USDA points out that any product, with any version of the crediting statement or with either the Domani or Rosefto brand names, received with CN identification number 036795 does not carry a warranty for use in CN programs. If you have questions or need additional information, please contact Julie Sutton at (800) 537-1142 or (317) 232-0850. E

Title 1 Data for Provision 2 and 3 Schools

By Julie Sutton

With the increasing number of schools participating in Provision 2 and 3 there is an increasing number of schools which do not make annual free and reduced price eligibility determinations. Schools participating in Provisions 2 and 3 are generally schools with high concentrations of needy children and therefore could be ranked high for allocation of Title 1 funds. Consultation with Department of Education (DOE) Title 1 officials confirms that Provision 2 and 3 schools may use the base year percentages of students eligible for free, reduced price and paid meals for Title 1 ranking purposes in the base year and subsequent years. In other words, the base year percentages of children eligible for free, reduced price, and paid meals would be applied to total enrollment to determine how many students in the school would generate Title 1 funds for the school, should the school be one selected to receive Title 1 funds. E

In the operation of child nutrition programs, no child will be discriminated against because of race, color, national origin, sex, age, or disability. Any person who believes that he or she has been discriminated against in any USDA related activity should write immediately to the Secretary of Agriculture, Washington, DC 20250.

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